

BICARBONATE OF SODA IN TOOTHACHE.—Dr. Dyce Duckworth contributed a short memorandum on this subject to the *Practitioner* for April. He was called on to treat a case of very severe tooth-ache, and tried various ordinary remedies, including chloroform and carbolic acid, without any benefit to patient. He then remembered having read that the pain might be relieved by holding in the mouth a solution of bicarbonate of soda. He at once gave the patient half a drachm in an ounce of water, and, to his astonishment, the pain ceased immediately, and complete relief was secured. He thinks that, as the remedy is so simple and the disease so distressing and often intractable, this treatment may be worthy of notice and imitation.

HEADACHE—Having been a great sufferer from headache and neuralgia, the latter very severely in the back part of my head, and after trying various remedies, which only gave temporary relief, I at length hit upon a plan which proved effectual. One night, being racked with pain, and all the rest of the family retired to rest, I took out the oven shelf and put a pillow on the bottom of the oven; I then placed three chairs opposite, and lay with my back on the chairs, and my head on the pillow in the oven, for about the space of three hours and, I am happy to say, with the very best results.

POWDERED CHARCOAL AS MEDICINE.—The above can be prepared as follows: Buy some stick charcoal at a chemist's, cost 2d. per pound; break it up with a hammer and grind it through a coffee mill, and then sift through a fine muslin sieve; mix, and drink. This is quite passable, though not quite so smooth as that ground in the large iron cylinders. Charcoal is a capital disinfectant.

COLD IN THE HEAD.—Dr. Pollion, of France, says that cold in the head can be cured by inhaling hartshorn. The inhalation by the nose should be seven or eight times in five minutes.

WATERPROOF PAPER.—To make waterproof packing paper, dissolve 1½ lb. white soap in 1 quart water. In another quart of water dissolve 1½ oz. of gum arabic and 5oz. glue. Mix the two solutions, warm them, and soak the paper in the liquid, and pass it between rollers, or simply hang up to dry.

PROLIFIC ROSE TREE.—On the walls of a house at Gladswood, near Melrose, the residence of Mrs. Meiklam, there is a very fine *Gloire de Dijon* rose tree, which has this season a crop of 850 blooms on it. The height of the wall on which it grows is 15ft. 6in., and the width 2ft., so that Mrs. Meiklam has much reason (says the *Gardeners' Chronicle*) to be proud of her plant.

EXCELLENT TOOTH POWDER.—Suds of Castile soap and spirits of camphor, of each an equal quantity; thicken with equal quantities of pulverized chalk and charcoal to a thick paste. Apply with the finger or brush.

DYERS AND BLEACHERS' RECEIPTS.

STEEL MIXED—DARK.—Black wool, it may be natural or colored, 10 lbs.; white wool, 1½ lbs. Mix evenly together, and it will be beautiful.

STUFF BROWN.—DARK, FOR CLOTH OR WOOL. — For 5 lbs. goods, camwood, 1 lb.; boil it 15 minutes, then dip the goods for ¾ of an hour; take out the goods, and add to the dye, fustic, 2½ lbs., boil 10 minutes, and dip the goods ¾ hour; then add blue vitriol, 1 oz., copperas, 4 oz.; dip again ½ hour; if not dark enough, add more copperas. It is dark and permanent.

WINE COLOR.—For 5 lbs. goods, camwood, 2 lbs., boil 15 minutes; then dip the goods for ¾ hour; boil again, and dip ¼ hour; then darken with blue vitriol, 1½ oz., if not dark enough, add copperas, ½ oz.

Madder Red.—To each lb. of goods, alum, 5 oz.; red, or cream of tartar, 1 oz.; put in the goods, and bring your kettle to a boil for ½ an hour; then air them, boil ½ hour longer; then empty your kettle, and fill with clean water; put in bran, 1 pk.; make it milk warm, and let it stand until the bran rises, then skim off the bran, and put in madder, ½ lb.; put in your goods, and heat slowly until it boils and is done. Wash in strong suds.

GREEN.—WITH FUSTIC.—For each lb. of goods, fustic, 1 lb.; with alum, 3½ oz. Steep until the strength is out, and soak the goods therein until a good yellow is obtained; then remove the chips, and add extract of indigo or chemic, 1 table-spoon at a time, until the color suits.

B R E A D .

By DR. T. L. NICHOLS.

(From the *Herald of Health*.)

Bread is the staff of life. Good bread contains the best food for man, in the proportions required for the healthy nourishment of the system. We tire of many kinds of food; but we eat bread every day (so it be good bread) with the same relish. A certain variety is desirable: but if we could have but one kind of food, we should choose bread. In a certain sense we must consider all kinds of farinaceous food as bread. Wheat is the king of grains—the most perfect food of man—but we have bread also of rye, oatmeal, barley, maize, rice, &c. Even a baked potato is closely allied to bread, and the bread-fruit of the tropics is a nourishing substitute.

Few people practise the economy of making domestic bread. Servants either do not know, or will not take the trouble. It is so much easier to get it of the baker. There is the bother of getting flour and yeast, of raising the bread, and then of baking it. At the best, white bread made of the innermost portion of the wheat is often a cause of disease. Unless one eats considerable proportions of fruit or vegetables with it, it produces constipation.

The sweetest, and most nutritious, the healthiest bread in the world is that made from unbolted wheat flour—*brown bread*; not the dry and tasteless stuff sometimes made by bakers by mixing bran with their ordinary dough but bread made of the "whole meal" of good sound wheat, and containing all its nutritive elements. Chemists have found by analysis that the nitrogenous or flesh-forming portion of wheat resides chiefly in its outer layer—the very portion thrown away, or given to cattle; and physiologists have also discovered that it is this portion which keeps up a healthy action of the bowels. No person who lives chiefly or largely on genuine brown bread, or its equivalent, in perhaps a better form—porridge made of coarse wheat meal—ever suffers from constipation, and long-standing cases are speedily cured by a diet of pure wheat and fruit. I have never known a case, even of years' standing, and constant use of aperients, that did not soon yield to such a diet.

From the earliest known ages brown wheat bread has been famed as a most healthy invigorating food. Hippocrates, the father of medicine, prescribed it; the hardy Spartans lived on it; the Romans of the heroic ages lived on it, and their armies conquered the world on a diet of brown bread. The most healthy peasantry of central Europe eat it as their common food. Baron Steuben said the peculiar healthfulness of the Prussian soldiery a century ago was owing to their living almost entirely on unbolted wheat bread. During the naval glory of Holland her sailors ate the same kind. During the wars of Napoleon, when wheat was dear in England, the army, from motives of economy, was supplied with brown bread. The soldiers at first refused to eat it—threw it away—all but mutilated; but in a few days they liked it better than the white, and their health so much improved that in a few months disease was almost banished. Many of the nobility adopted it, and physicians began to prescribe it. An orphan asylum in New York was cured of epidemic ophthalmia by the use of brown bread in place of white.

And this brown bread with its equivalent preparations is the purest, the healthiest, the best form of human food. The model food for childhood and youth; the food of growth, purity, beauty, intellect—in one word, of Health, is brown bread, milk and fruit. There is absolutely no need of anything else. A pound of wheat has more nutritious value than three pound of beef or mutton. Lean beef or mutton is 75 per cent. of water to begin with. The remaining elements—urine, gelatine, albumen—are identically the same as in wheat, but mingled with animal impurities, and the wheat is superior in heat-forming elements. Bread and fruit are the natural food of man; the flesh of animals is an artificial substitute.